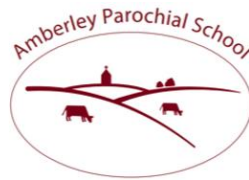



PSHE is about us.



Providing the rich soil that enables
our children to develop deep roots and flourish.

We want to be compassionate, respectful
and cooperative citizens.

Topic:	Skills	<u>Key Vocabulary</u>
 <p>Physical Health & Mental Wellbeing</p>	<ul style="list-style-type: none"> • Keeping Healthy • Food & Exercise • Hygiene Routines • Sun Safety <p><u>The children will learn:</u></p> <ul style="list-style-type: none"> • what it means to be healthy and why it is important • ways to take care of themselves on a daily basis including basic hygiene routines, e.g. hand washing <ul style="list-style-type: none"> • about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors <ul style="list-style-type: none"> • how to keep safe in the sun 	<p>healthy exercise hygiene safe</p>
Subject:	Duration	<u>Celebration:</u>
PSHE	WC 8.1.24	Design a Healthy Wrap
<u>Things to support learning at home</u>		<u>Focus Value</u>
Hold discussions around: how as a family you eat a balanced diet, ways to exercise, keep hygienic and staying safe in the sun		Thankfulness



Challenge



Keep on Improving



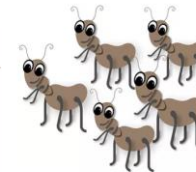
Never Give Up



Concentrate



Be Curious



Cooperate